

BLOCK**1**

FOREARM HYPERTROPHY PROGRAM : WEEK 1

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	2	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	2	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	2	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 min					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 min					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 min					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

20

BLOCK**1**

FOREARM HYPERTROPHY PROGRAM : WEEK 2

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	2	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	2	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	2	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

20

BLOCK**1**

FOREARM HYPERTROPHY PROGRAM : WEEK 3

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

23

BLOCK**1**

FOREARM HYPERTROPHY PROGRAM : WEEK 4

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	20 SEC	8	40 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM
PLATE PINCH	2	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
REVERSE GRIP PEACHER EZ BAR CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, REST BACK OF ARMS ON PREACHER MACHINE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

23

BLOCK**2**

FOREARM HYPERTROPHY PROGRAM : WEEK 5

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

24

BLOCK**2**

FOREARM HYPERTROPHY PROGRAM : WEEK 6

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	2	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

24

BLOCK

2

FOREARM HYPERTROPHY
PROGRAM : WEEK 7

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

26

BLOCK**2**

FOREARM HYPERTROPHY PROGRAM : WEEK 8

STRENGTH FOCUS

DAY 1	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
HEAVY BARBELL HOLDS	2	HOLD	30 SEC	9	30 SEC					CHOOSE HEAVY WEIGHT THAT NEARLY FAILS AT TIME GIVEN, USE CHALK IF NEEDED
DUMBBELL BENCH-BRACED WRIST CURL	3	10-12	-	8	30 SEC					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
STANDING DUMBBELL WRIST EXTENSION	3	10-12	-	8	30 SEC					HOLD DUMBBELLS AT SIDES, AND ROTATE THE WRISTS "OUT", AVOID MOMENTUM
REVERSE GRIP BARBELL CURL*	3	10+5	-	9	1 MIN					USE THUMBLESS GRIP, DO 10 FULL ROM, 5 TOP HALF ROM TO FINISH EACH SET

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

HYPERTROPHY FOCUS

DAY 2	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
PLATE PINCH	3	HOLD	MAX HOLD	10	1 MIN					PINCH 1-2 10 LB PLATES FOR AS LONG AS POSSIBLE FOR A MAX HOLD OF UP TO 1 MINUTE, ADD A 3RD PLATE ONCE 1 MINUTE IS REACHED WITH 2
BEHIND-THE-BACK DUMBBELL WRIST CURL	2	10-12	-	8	1 MIN					PLACE BARBELL BEHIND YOUR BACK AND PERFORM CURLS WITH THE PALMS FACING BEHIND YOU
DUMBBELL BENCH-BRACED WRIST EXTENSION	2	12-15	-	8	1 MIN					USE THUMBLESS GRIP, SHORT RANGE OF MOTION, MIND MUSCLE CONNECTION WITH POSTERIOR FOREARM

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

METABOLIC FOCUS

DAY 3	SETS	REPS	HOLD	RPE	REST	1	2	3	4	NOTES
FARMER'S WALKS	2	HOLD	MAX STRIDES	10	1.5 MIN					HOLD 1 HEAVY DUMBBELL IN EACH HAND AND PERFORM STRIDES UNTIL GRIP FAILS (INCREASE WEIGHT BY 40-50 TOTAL STRIDES)
DUMBBELL BENCH-BRACED WRIST CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, ALLOW DUMBBELL TO "ROLL" OUT INTO FINGERS AND CURL IT BACK
HAMMER DUMBBELL CURL	3	15-20	-	8	1 MIN					USE THUMBLESS GRIP, PERFORM BOTH ARMS AT ONCE

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

WEEKLY VOLUME

26